

SECTION A: Multiple-choice questions

Specific instructions to students

- A correct answer scores 1 mark, and an incorrect answer scores 0.
- Marks are not deducted for incorrect answers.
- No marks are given if more than one letter is shaded in the answer box.
- Choose the alternative that is **most correct** or that **best answers** the question and mark your choice on the multiple-choice answer section as shown in the example below.

1 ☐ A ☐ B ☐ C ☒ D



- Use pencil only.

AREA OF STUDY 1: Learning

QUESTION 1

What sort of brain imaging device would be able to identify areas of the brain that are active when learning?

- A a device that measures function
- B a device that measures structure
- C a device that measures electrical activity
- D a device that uses X-rays

QUESTION 2

Classical conditioning involves repeated association between the

- A unconditioned stimulus and unconditioned response.
- B unconditioned stimulus and conditioned response.
- C unconditioned stimulus and conditioned stimulus.
- D unconditioned response and neutral stimulus.

QUESTION 3

In classical conditioning, extinction occurs when the _____ is no longer presented. This results in the _____ no longer being produced.

- A conditioned stimulus; conditioned response
- B unconditioned stimulus; unconditioned response
- C conditioned stimulus; unconditioned response
- D unconditioned stimulus; conditioned response

QUESTION 4

The techniques flooding and graduated exposure seek to extinguish a learned fear response. This is known as

- A counterconditioning.
- B anticonditioning.
- C after conditioning.
- D co-conditioning.

QUESTION 5

Which of the following represents the order of the three phases of operant conditioning?

- A response, reinforcement, stimulus
- B stimulus, response, consequence
- C reinforcement, consequence, response
- D stimulus, response, behaviour

QUESTION 6

Which of the following is **not** an important consideration when administering punishment?

- A punishment must occur after the behaviour
- B punishment must be harsh
- C punishment must occur immediately
- D punishment must be unwanted

QUESTION 7

In Skinner's original experiments, behaviour that had been conditioned by which type of schedule was found to be the most difficult to extinguish?

- A variable schedule
- B fixed schedule
- C continuous reinforcement schedule
- D punishment schedule

QUESTION 8

Instrumental conditioning is also referred to as

- A classical conditioning.
- B operant conditioning.
- C one-trial learning.
- D observational learning.

QUESTION 9

Charles is training his dog Elphie to jump through a hoop. He starts by putting the hoop on the ground and letting Elphie walk through it, then he raises it a bit so her feet have to come off the ground. Finally he puts the hoop in the air and she jumps through it. Charles has used _____ to train Elphie.

- A token economies
- B classical conditioning
- C law of effect
- D shaping

QUESTION 10

One-trial learning involves a singular pairing between the _____ and the _____.

- A unconditioned response; conditioned response
- B conditioned response; conditioned stimulus
- C unconditioned stimulus; unconditioned response
- D conditioned stimulus; unconditioned stimulus

QUESTION 11

The law of effect states that behaviour that is followed by _____ consequences is strengthened and behaviour that is followed by _____ consequences is weakened.

- A satisfying; annoying
- B unpleasant; pleasant
- C instrumental; unpleasant
- D pleasant; instrumental

QUESTION 12

Which of the following was **not** a finding of Bandura's work on the influence of observational learning on children?

- A Children who viewed a model being punished showed significantly more aggressive acts than those who saw a model receive no consequences.
- B Children who viewed a model being punished showed less aggressive acts than those who saw a model receive no consequences.
- C Children who viewed a model being punished showed more aggressive acts than those who saw a model being rewarded.
- D All of the above.

QUESTION 13

To measure the effect of observational learning, Bandura measured the mean number of aggressive acts. The mean is a measure of central tendency. Which of the following statistical measures is also a measure of central tendency?

- A variance
- B standard deviation
- C median
- D p value

QUESTION 14

During insight learning, what happens in the incubation stage?

- A The problem is processed and understood.
- B The problem is put aside for a time.
- C The problem is solved.
- D The problem is attempted.

Questions 15, 16 and 17 refer to the following scenario.

In Tolman's experiment, three groups of rats were taught to run a maze. The rats that were never shown food in the maze appeared not to have learned it. However, when food appeared they could find it just as quickly as rats that had always been shown food.

QUESTION 15


This demonstrates the effect of

- A latent learning.
- B observational learning.
- C operant conditioning.
- D insight learning.

QUESTION 16

The operationalised dependent variable in Tolman's experiment was

- A the number of groups of rats.
- B whether rats were shown cheese originally.
- C the amount of electric shocks the rats were given.
- D the time it took the rats to solve the maze.

ONE ANSWER PER LINE					USE PENCIL ONLY 				
1	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	9	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D
2	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D	10	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D
3	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D	11	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
4	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	12	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
5	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	13	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D
6	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	14	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
7	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	15	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
8	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	16	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D

QUESTION 17

Tolman used rats in his experimentation. When using animals in psychological research

- A ethics do not apply.
- B ethics only apply to animals that are domestic not wild.
- C similar ethical principles apply to animals and humans.
- D similar ethical principles apply to animals and humans, but you are not charged for breaking ethics against animals.

AREA OF STUDY 2: Mental health

QUESTION 18

Mr Bell loves wearing his slippers to teach Drama. According to which approach to normality would Mr Bell's behaviour most likely be considered abnormal?

- A medical
- B situational
- C statistical
- D historical

QUESTION 19

Behaviour that is acceptable on some occasions but not others is a definition of which type of normality?

- A historical
- B situational
- C functional
- D statistical

QUESTION 20

The DSM-IV stands for

- A Depressive Symptoms Manual.
- B Diagnosing and Serving Mental Disorders.
- C Detailing and Surveying Mental Disorders.
- D Diagnostic and Statistical Manual of Mental Disorders.

QUESTION 21

According to the biopsychosocial framework, which factor is most important in maintaining good mental health?

- A biological
- B psychological
- C social
- D all of the above

Questions 22 and 23 refer to the following information.

When Lauren went out on her first date with her boyfriend, Matt, she was very nervous. Her hands were shaky, she had trouble concentrating and she didn't have much of an appetite.

QUESTION 22

For Lauren, the date itself is best described as

- A a stressor.
- B a stress reaction.
- C a stress system.
- D stress.

QUESTION 23

Lauren's loss of appetite is best described as

- A a stressor.
- B a stress reaction.
- C a stress system.
- D stress.

QUESTION 24

Which researcher proposed that prolonged stress follows a typical pattern known as the 'general adaptation syndrome'?

- A Sperry
- B Selye
- C Penfield
- D Gage

Questions 25 and 26 refer to the following information.

Myles has been asked to run an experiment on the effects of stress on the body. He goes to his library and asks the first ten people he sees a series of questions.

QUESTION 25

What sort of sampling procedure has Myles used?

- A stratified sampling
- B random sampling
- C convenience sampling
- D random stratified sampling

QUESTION 26

The main problem with using this sampling technique is that

- A the sample may not be representative of the population.
- B the sample may be too small.

- C collecting the sample may be time-consuming.
- D collecting the sample may be costly.

QUESTION 27

'Allostatic load' refers to

- A the wear and tear that the body experiences due to cycles of allostasis.
- B the process of achieving stability through change.
- C the body's way of maintaining balance and equilibrium.
- D the amount of stress someone is under.

Questions 28, 29 and 30 refer to the following information

For Rick's PhD, he decided to test the effect of physical exercise as stress relief on two groups of individuals. He first asked the participants to report on their current stress levels and to score it out of 10. He then broke the participants into two groups, ensuring that both groups were equal in terms of their reported stress level and that he had an equal number of males and females in each group. He asked one group to partake in exercise and report on their stress level after completing the exercise. The other group completed no exercise, but once again reported on their stress levels an hour later. He then compared their two stress scores.

QUESTION 28

The research design that Rick has most likely employed is

- A an experimental design.
- B a repeated measures design.
- C a matched participants design.
- D an independent groups design.

QUESTION 29

Rick considered using other experimental designs when planning his research. He considered using the same group of participants in each group and testing them on two different days. If Rick used this method, the research design method employed would be

- A an experimental design.
- B a repeated measures design.
- C a matched participants design.
- D an independent groups design.

QUESTION 30

Rick decided not to use the design mentioned in Question 29 because one disadvantage of that research design is that it may be influenced by

- A counterbalancing.
- B single blind effects.

- C placebo effects.
- D order effects.

QUESTION 31

When people report that they are suffering from a phobia, which of the following characteristics of the fear experienced is **not** present?

- A It is reasonable.
- B It is irrational.
- C It is persistent.
- D It is intense.

QUESTION 32

Which of the following neurotransmitters helps to alleviate the effects of anxiety naturally?


- A endorphins
- B gamma-amino butyric acid
- C serotonin
- D cortisol

Complete Questions 33 and 34 ONLY if you have studied major depression. If you have not studied major depression, go to Question 35.

QUESTION 33

Which of the following is **not** an environmental factor that contributes to the development of major depression?

- A lack of noradrenaline
- B poverty
- C abuse
- D social isolation

ONE ANSWER PER LINE					USE PENCIL ONLY 				
17	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D	26	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
18	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	27	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
19	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	28	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D
20	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D	29	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
21	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D	30	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D
22	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	31	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
23	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	32	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
24	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	33	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D
25	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D					

QUESTION 34

There is currently much research being conducted into establishing a genetic link to major depression. Studies show that a gene which starves the body of serotonin is ten times more prevalent in depression sufferers. The influence of this gene on the development of major depression is a

- A psychological contributing factor.
- B biological contributing factor.
- C social contributing factor.
- D negative contributing factor.

Complete Questions 35 and 36 ONLY if you have studied gambling. If you have not studied gambling, go to Question 37.

QUESTION 35

Compulsive gambling has been linked to a chemical response that creates addictive behaviour. New treatments are being sought in the control of which neurotransmitter?

- A adrenalin
- B gamma-amino butyric acid
- C dopamine
- D serotonin

QUESTION 36

According to social learning theory, the state of arousal experienced when gambling is known as

- A positive reinforcement.
- B negative reinforcement.
- C punishment.
- D response cost.

Complete Questions 37 and 38 ONLY if you have studied schizophrenia. If you have not studied schizophrenia, go to Question 39.

QUESTION 37

Which of the following recreational drugs has been linked to the onset of schizophrenia?

- A ecstasy
- B speed
- C marijuana
- D alcohol

QUESTION 38

Which of the following is a possible symptom of schizophrenia?


- A hallucinations and delusions
- B disorganised thought patterns
- C inappropriately expressed emotions
- D all of the above

All students should complete the following question.

QUESTION 39

Sam responds to an advertisement in his local paper to be involved in a study that investigates mental wellness. Sam is exercising his right to

- A voluntary participation.
- B informed consent.
- C confidentiality.
- D deception.

ONE ANSWER PER LINE					USE PENCIL ONLY 				
34	<input type="checkbox"/> A	<input checked="" type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	37	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D
35	<input type="checkbox"/> A	<input type="checkbox"/> B	<input checked="" type="checkbox"/> C	<input type="checkbox"/> D	38	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input checked="" type="checkbox"/> D
36	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	39	<input checked="" type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D

SECTION B: Short answer questions

Specific instructions to students

- Answer all questions in the spaces provided.

AREA OF STUDY 1: Learning

QUESTION 1

Place a tick next to the features that apply to either reflexes or fixed action patterns.

Features	Reflex actions	Fixed action patterns
are seen in higher order species	✓	
can be gender specific		✓
involve a complex sequence of behaviours		✓

3 marks

QUESTION 2

Toby has a German shepherd that always wags his tail when Toby walks in the door and pats him. Toby decides to get an automatic garage door put in so he can park his car inside the garage overnight. The door opens automatically when the car is within 100 metres. After a week of using the new garage door, Toby's wife notices that their dog starts wagging his tail when he hears the garage door opening.

- a Identify the following classical conditioning elements in this example.

- i Unconditioned stimulus

Answer:

Getting patted.

- ii Conditioned stimulus

Answer:

The sound of the garage door opening.

- iii Conditioned response

Answer:

Wagging his tail to the sound of the garage door.

- b Discuss where acquisition takes place in the example above.

Answer:

When the dog associates the sound of the garage door with Toby coming home and patting him.

- c Toby goes away to a conference on the weekend and lets his brother come over on Saturday to use the garage to do some work. Toby's dog eventually stops wagging his tail to the sound of the garage door. Explain why this is so.

Answer:

The dog has experienced extinction, as he no longer associates the sound of the garage door opening with Toby coming home. Therefore, he no longer wags his tail when he hears it opening.

- d How would we expect Toby's dog to react when the garage door opens again on Sunday morning? Explain your answer.

Answer:

The dog may have spontaneous recovery where the sound of the door once again causes his tail to wag following a rest period and apparent extinction of the conditioned response.

3 + 1 + 1 + 2 = 7 marks

QUESTION 3

What is one difference between punishment and response cost? What is one similarity between punishment and response cost?

Answer:

Difference:

Punishment involves presentation of an aversive stimulus, whereas response cost involves removal of a positive stimulus.

Similarity:

They both decrease the likelihood of a behaviour occurring again.

2 marks

QUESTION 4

- a List two differences between classical and operant conditioning.

Answer:

List any two of the following: classical conditioning involves the learner being passive, whereas in operant conditioning the learner is active; classical conditioning involves a reflexive response, whereas operant conditioning involves a voluntary response; in classical conditioning the stimulus occurs before the response, but in operant conditioning the stimulus occurs after the response.

- b** Explain how stimulus generalisation is different in classical conditioning compared to operant conditioning.

Answer:

In classical conditioning, the conditioned response occurs to stimuli similar to the conditioned stimulus, whereas in operant conditioning behaviours similar to the original behaviour are produced in the hope that they will also be reinforced.

2 + 2 = 4 marks

QUESTION 5

What is Thorndike's Law of Effect?

Answer:

Behaviour that has satisfying consequences has an increased likelihood of being repeated, whereas behaviour that has annoying consequences has a decreased likelihood of being repeated.

1 mark

QUESTION 6

- a** Discuss the importance of reinforcement in observational learning.

Answer:

Without reinforcement in observational learning, there is no incentive or desire to produce the behaviour.

- b** What is 'self-reinforcement'? Explain the term and provide an example to support your answer.

Answer:

Self-reinforcement is when you have an intrinsic desire to produce a particular behaviour. For example, you may have watched someone slam dunk a basketball and want to do it too just to prove to yourself that you can, not for any external reward.

1 + 2 = 3 marks

QUESTION 7

Explain what occurs during the preparation stage in insight learning.

Answer:

The learner seeks to understand the problem and conducts preliminary attempts to solve it.

1 mark

AREA OF STUDY 2: Mental health

QUESTION 8

Name two disorders that typically would be classified under Axis I of the DSM-IV.

Answer:

Any two of the following: depression; anxiety disorders; schizophrenia; phobias; bipolar disorder.

2 marks

QUESTION 9

- a** What is the fight-flight response? Use a real-life example to explain your answer.

The fight-flight response is a sympathetic nervous system response that prepares the body to deal with a potential threat by choosing to either confront the threat or run from a potential danger. For example, if someone is following you late at night, the fight-flight response will give you the necessary resources to attack the person (fight) or to run away from them (flight).

- b** Which nervous system activates the fight-flight response?

Answer:

The sympathetic nervous system.

- c** What purpose does the fight-flight response serve?

Answer:

It distributes the body's resources to maximise the individual's chance of survival.

2 + 1 + 1 = 4 marks

QUESTION 10

Explain the difference between 'eustress' and 'distress'.

Answer:

Eustress means 'good stress' – it is stress that is healthy and provides positive outcomes. Distress is a negative form of stress, which can lead to negative health outcomes.

2 marks

QUESTION 11

Explain two ways that stress can be reduced according to Lazarus' transactional model of stress and coping.

Answer:

Any two of the following: by changing an individual's perception of stress; to see stress as challenging rather

than a threat; to align an individual with strategies to help them cope; to improve confidence in an individual's ability to cope.

2 marks

QUESTION 12

What is the difference between 'homeostasis' and 'allostasis'?

Answer:

Homeostasis refers to the body's ability to maintain a stable and constant internal environment, whereas allostasis is the process of maintaining this stability through change.

2 marks

QUESTION 13

When John finishes school he wants to be a performer. He sings in front of his mirror at home and loves watching musicals. Unfortunately, John has a phobia of getting up in front of crowds. In fact, just being an audience member creates a sense of anxiety. Name two types of psychotherapies that may help to alleviate the anxiety he feels.

Answer:

Any two of the following: cognitive behavioural therapy; systematic desensitisation; flooding.

2 marks

Complete Question 14 ONLY if you have studied major depression. If you have not studied major depression, go to Question 15.

QUESTION 14

a What type of mental disorder is 'major depression'?

Answer:

A mood disorder.

b Outline two key symptoms of major depression.

Answer:

Any two of the following: lack of motivation; feelings of isolation or loneliness; feeling sad or lethargic; feelings of helplessness and hopelessness.

1 + 2 = 3 marks

Complete Question 15 ONLY if you have studied gambling. If you have not studied gambling, go to Question 16.

QUESTION 15

a Referring to schedules of reinforcement, explain why gambling behaviour is highly resistant to extinction.

Answer:

Gambling operates under a variable ratio schedule, which means that rewards will be presented after a random number of behaviours are exhibited. It is resistant to extinction because you never know which behaviour will get rewarded so the behaviour continues and is strengthened.

b What does 'resistance to extinction' mean?

Answer:

If a behaviour is resistant to extinction it means that it is hard to stop the behaviour from occurring and that it is strengthened over time.

2 + 1 = 3 marks

Complete Question 16 ONLY if you have studied schizophrenia. If you have not studied schizophrenia, go to Question 17.

QUESTION 16

a Explain what 'stigma' is, in relation to mental illness.

Answer:

Stigma is a negative thought or label given to someone who suffers from mental illness.

b What is one way to remove stigma?

Answer:

One of the best ways to remove stigma is through education, by teaching people about mental illness, dispelling myths and meeting sufferers.

c What impact can removing social stigma have on the treatment of schizophrenia?

Answer:

Many people resist seeking diagnosis and treatment due to the stigma associated with mental illness. If social stigma were removed, it would most likely increase the number of sufferers seeking treatment.

1 + 1 + 1 = 3 marks

Questions 17, 18 and 19 relate to the following research study. All students should answer all the remaining questions.

A psychologist wanted to test how the experience of anxiety impacted on learning new information. She advertised in a local newspaper for participants who were anxious around crowds of people. She sampled 100 applicants by drawing their names out of a hat. The participants were exposed to two conditions. The control condition involved participants reading a passage from Macbeth 10 minutes before going to bed and then writing down as much of the passage as they could remember the next day. The experimental condition involved participants reading a poem written by Banjo Patterson while they were in a crowded train. The next day the participants were asked to write down as much of the poem as they could remember. The results showed that during the control condition, participants remembered, on average, 62% of the passage, while during the experimental condition participants remembered, on average, 33% of the poem. These results were found to be statistically significant at a $p < 0.05$ level.

QUESTION 17

Is this study an experiment? Explain your answer.

Answer:

Yes, because it assesses a cause-and-effect relationship.

It examines the effect of the independent variable on the dependent variable.

2 marks

QUESTION 18

a What is an operational hypothesis?

Answer:

A testable prediction that explains how the variables in

an experiment will be manipulated and measured, as well

as the population from which the sample is drawn.

b Write a suggested operational hypothesis for this study.

Answer:

It is hypothesised that people who are anxious in

crowds who learn a passage of Macbeth before going to

bed will recall a higher percentage of information from

that passage than those who read a poem by Banjo

Patterson while in a crowded train.

1 + 2 = 3 marks

QUESTION 19

Can a statistical conclusion be drawn for this experiment? Explain why you have come to this decision.

Answer:

Yes, because the results are statistically significant and

are therefore attributed to the independent variable and

are not due to chance.

2 marks